



REFORMATORY RE-OPENS

The Michigan Reformatory (RMI) has regained its status as Michigan's oldest prison. After several years of renovations to its physical infrastructure and a significant upgrade to its security system the Reformatory is now operational. The "new" facility currently houses about 580 prisoners with a capacity of 1,188. Employees who have been assigned to the Reformatory are adjusting to the new surroundings. As it reaches capacity, operations will be fine-tuned to ensure that programming and safety considerations are being met. The Reformatory has a long and storied history in the Department, serving as a prison for violent youthful offenders for many years. Once known as "The Gladiator School," RMI became a model facility of culture change for staff and cognitive restructuring programming for prisoners. As a multi-level facility (Levels II and IV), the Reformatory will now face different challenges.

Riverside Correctional Facility (RCF) is now empty, with all but a few staff being transferred to the Reformatory. Correctional Facilities Administration Region II Offices, including Health Care, Psychological Services, and Transportation will continue to operate out of the RCF Administration Building.

SOUTHERN MICHIGAN CORRECTIONAL FACILITY OPEN HOUSE DRAWS HUNDREDS



Southern Michigan Correctional Facility (JMF) had a private open house for facility employees and family on November 3, 2007. The event hosted about 500 people. There were facility tours for all who were interested. For many family members, it was the first ever look at their loved-ones' workplace. Those who toured could only imagine what a prison filled with offenders felt like. Closing JMF is a cost-saving measure for the State of Michigan. As the

Department continues to find efficiencies, closing JMF will result in about \$38 million savings this fiscal year.

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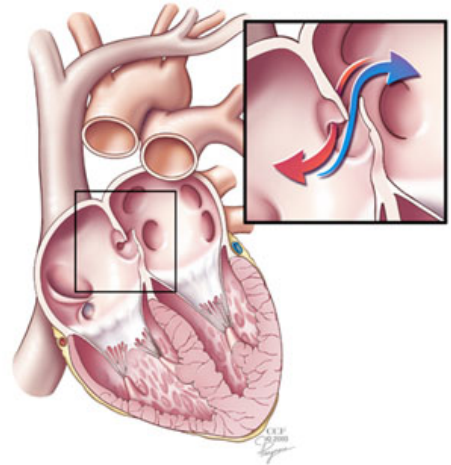


“MYSTERY DIAGNOSIS” LEADS TO 15 MINUTES OF FAME FOR MDOC EMPLOYEE

Just before Christmas 2006, Laurie Scott began having headaches - bad headaches - the kind that won't go away. There was nothing to which she could attribute them. They became so disabling that she missed work - a lot. Laurie works in the Central Records Office in Grandview Plaza, an environment that processes about 8-10 inches of documentation each day. Not 8-10 pieces of paper, but a stack of paper 8-10 inches high each day. Missing work there creates a paper jam of immense proportions and overloads other workers.

Laurie knew that she had to make the headaches go away. Doctors systematically eliminated possible causes: migraines, sick building syndrome, stress, tumors, cancer, blood clots, caffeine, and even stroke. However, while running Laurie through this battery of tests, they found something called a Patent Foramen Ovale (PFO), a hole in her heart. PFO is relatively common, and up to 25% of the population lives with it symptom free. Until Christmas 2006, so had Laurie.

Doctors have recently attributed migraine-like headaches to PFO, but there is no reason why a hole in the heart would cause headaches, and studies are limited. One possible reason could be that the hole was about the size of a nickel, much larger than a typical PFO found in adults. With nothing else to go on, they decided to repair the hole in Laurie's heart. She went through a procedure to patch the heart and the headaches stopped.



Because the condition is so rare and difficult to diagnose, Discovery Health Channel is going to run a segment about Laurie's condition on their "Mystery Diagnosis" series. True Entertainment, a production company working with Discovery Health Channel, spent three days interviewing and filming for the segment. On November 8, 2007, they filmed Laurie in the records office. During the

filming they also interviewed her family and two doctors who worked on Laurie's case. Look for the program to air sometime next spring on Discovery Health' "Mystery Diagnosis" program.

For her part, Laurie is glad to have her mystery solved, and to be living headache free.

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CLOSURES, from Page 1

At about 10 am on November 2, 2007, the last prisoner left Southern Michigan Correctional Facility. On November 17, 2007, the remaining staff will say goodbye to part of what was once the largest walled prison complex on earth.



A DIFFERENT PERSPECTIVE

By John C. Cordell

One hears many things in corrections, but something I heard recently got me thinking about how we label ourselves and each other for various reasons. A prisoner recently described himself as being in a “freedom impaired situation.” Describing one’s incarceration in a state correctional facility as a “freedom impaired situation” is not only creative, but unique, as if this offender were currently disabled in some way. He’s not visually impaired or hearing impaired. He’s freedom impaired. His impairment impedes his ability to do many of the things we take for granted. It may seem laughable to some, but he has a point. While none of us are likely to

FREEDOM

have labeled ourselves as “freedom impaired,” there are times when we may internally apply that label to our current situation. We get stuck in our work, our relationship, or in our life, and we feel trapped. We have become, by our own doing, “freedom impaired.” We have the ability, as humans, to do virtually anything our minds can dream. So, if you are currently “freedom impaired” in some way, challenge yourself to overcome your impairment. Work through it and enjoy your new-found freedom.





GREAT AMERICAN SMOKEOUT: QUIT TOBACCO FOR GOOD!

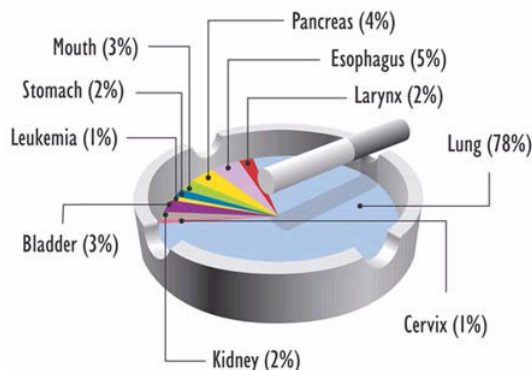
The Great American Smokeout, sponsored by the American Cancer Society, challenges people across the nation to stop using tobacco and raises awareness of the many effective ways to quit for good.

State sponsored health plans offer a variety of quit tobacco programs. Check your insurance plan to see what your coverage is. In addition to your health plan, there are many smoking cessation resources available to help:



- **MICHIGAN TOBACCO QUIT LINE – 1-800-480-QUIT (7848)** This is a free service to help people who are ready to quit. Talk with a professionally trained smoking cessation coach 24 hours a day. Receive information, a Quit Kit or referrals to local programs.
- **FREE MICHIGAN QUIT KITS: 1-800-537-5666 or www.healthymichigan.com**
- **Centers for Disease Control and Prevention: www.cdc.gov/tobacco**.
- **Quit Net: www.quitnet.com**: Quit Net offers information and support chat rooms.
- **Nicotine Anonymous: www.nicotine-anonymous.org**: Information, support, literature, and referrals.
- **American Lung Association of Michigan: www.ALAM.org**: Includes *Freedom From Smoking*, an on-line smoking cessation program.
- **American Cancer Society: www.cancer.org** 1-800-227-2345. Free materials, quit kits and referrals.
- **American Heart Association: www.americanheart.org**

Cancers You Get From Smoking



Research shows that quitters are most successful when using a combination of methods, including such things as stop smoking medications, coaching, classes, self-help materials and a strong support network of family and friends. Make a commitment to wellness. Participate in the Great American Smokeout and quit using tobacco for good!





MDOC FARES WELL IN GOVERNOR'S CUP

The Governor's Cup Pistol Shooting Match was held on September 6, 2007. The match was divided into several classes. A Michigan State Police Team took first place in Class AA, with a Michigan Department of Corrections (MDOC) team finishing a close second. The MDOC team consisted of:

- Roger Dickinson – MSI Jackson
- Steve Blair – Robert Scott Correctional Facility
- Tom Jones – Parr Highway Correctional Facility
- Jim Loxton – Ordnance Unit
- Perry Mendenall – Ordnance Unit



In addition to the team recognition, Roger Dickinson also placed second in the Timed Fire Match. The overall Class AA winner was corrections officer Dan Charlebois of Alger Maximum Security Correctional Facility, who also won the Slow Fire match with a perfect score of 100!

MORE CORRECTIONS OFFICERS ON THE WAY

The Michigan Department of Corrections has been authorized to train up to 650 new corrections officers in Fiscal Year '08. The first class is tentatively scheduled to begin in Baraga on January 14, 2008. The class will honor Terry Cooper, an institutional training officer from Ojibway Correctional Facility who died earlier this year after a brief battle with cancer. Terry helped train a satellite academy in Alpena in 2007. Other schools include a class at Kinross complex, also starting on January 14, 2008, and a class at the Michigan State Police Training Academy starting on January 28, 2008. Approximately 260 total officers will be initially hired for each of the three schools.

TRAINING OFFICERS RECEIVE TRAINING

About 40 of the Department's training officers gathered together for their annual update training at the Michigan State Police Training Academy last week. The three-day training session included information on topics and required training courses like TADS Entry, health care and first aid, Michigan Prisoner ReEntry Initiative, Managing Offenders in Our Care, and Security Threat Groups. Several content experts delivered material and answered questions from the training officers. Bill Hudson, Administrator of the Office of New Employee Training and Professional Development also fielded questions on a variety of training topics of concern.





COLLEGE FOOTBALL REFEREES SPEAK AT DEERFIELD CORRECTIONAL FACILITY

Sometimes in the midst and turmoil of everyday correctional life, little bits and pieces fall into place. It is in this context that Deerfield Correctional Facility Athletic Manager Bob Youngs should be lauded. Bob played an integral part in securing the volunteer services of two collegiate level football referees. Mid-American Conference Referee Harold Deines and Big Ten Replay Official Jim Augustyn were present at Deerfield in early October to discuss the responsibilities associated with being a college referee. Game day requirements, field positioning, questionable calls, and replay issues were some of the topics discussed.



Pictured Above:
Harold Deines

Bob Youngs was asked to describe his correctional philosophy as it relates to recreation. "Programming not only gives prisoners an opportunity to improve on some personal skills and abilities, but it also allows the prisoner to mentally escape from their prison setting and the circumstances that got them there. If nothing else, it keeps prisoners from thinking about trying to cause us mischief. In essence, recreation serves as an important part of the custody and security team within any correctional facility."

FOA SUPERVISORS AND MANAGERS MEET

On October 4 and 5, 2007, the Field Operations Administration (FOA) held their first region-wide meetings of supervisors and managers since reorganizing into two regions in August 2007. On October 4, the supervisors and managers of the Outstate Region, led by Regional Administrator Mike Glynn, met in Lansing. On October 5, the supervisors and managers of the Metropolitan Region, led by Regional Administrator Dinah Moore, met in the Region Office in Detroit.

FOA Deputy Director John Rubitschun discussed goals and future direction for the administration and its employees. Office of Parole and Probation Services Administrator Darlene Schimmel informed the groups of plans for increasing offender success through collaborative case management. Richard Stroker, of the Center for Effective Public Policy, presented information on case management and the importance of personal leadership.



Pictured, Left to right: *Richard Stroker, Darlene Schimmel, John Rubitschun.*





SECC FUNDRAISERS MAKE A DIFFERENCE

GVP PENNY CHALLENGE CROWNS A WINNER

Grandview Plaza's Lower Level is the winner of this year's State Employee Charitable Campaign (SECC) Penny Challenge. The Central Records Office was the tip of the spear in driving toward this year's successful campaign. Near the end of the challenge, pennies, silver coins, and cash were being dumped into collection containers throughout Grandview Plaza. Mark Irrer, a student assistant for Central Records kept a watchful eye on the other floors in the building, ensuring that the Lower Level had the lead



Pictured Left to Right: *Deb Bemister, Director Caruso, and Rosanne Leland*

in the end. Director Patricia Caruso acknowledged their win with a Penny Challenge Plaque and a reception including punch and snacks, while challenging all floors to dethrone the Lower Level next year. SECC

Coordinator Rosanne Leland was impressed with the effort of everyone in Grandview Plaza and said that donating your small change can produce big results. Totals for the Penny Challenge were \$2,286.13, with \$1,268.78 in actual pennies. This total eclipses last year's fundraiser by over \$400.00



Mark Irrer and the Lower Level Penny Challenge Crew

STILL INTERESTED IN DONATING?

To date, Grandview Plaza donations for SECC are over \$3,500. If you are interested but missed the online pledge deadline, there is still time to give. SECC will accept paper and phone donations through the MI-HR Service Center. The deadline is December 14, 2007. MI HR can be reached at 1-877-766-6447. All of your donations are tax deductible and yours will make a difference!

"CONEY & CASUAL DAY" A BIG HIT

Thumb Correctional Facility (TCF) engaged in two fundraisers for SECC. Their Penny War, pitting custody versus non-custody, was a big success, raising \$1,064.75. A "Coney & Casual Day," with hot dogs, chips, soda pop, and desserts, also raised funds for SECC. The TCF Employee Club donated the food and drink with all proceeds going directly to SECC.





TRIPPIN' ON TRYPTOPHAN

Do you ever wonder why you get so sleepy after that HUGE Thanksgiving meal? Tryptophan is an amino acid in turkey that causes the body to release Serotonin. Serotonin makes us feel calm and relaxed. But, while it may be a contributing factor, the actual cause, apart from watching the Detroit Lions keep their near .500 Thanksgiving Day winning percentage intact is how much we eat. Gorging ourselves into a food coma is a simple explanation, and the most likely culprit. The average American consumes over 3,000 calories and 220 grams of fat on Thanksgiving Day. Our bodies respond with lethargy, rather than energy.



As Thanksgiving Day approaches, we tend to suspend of our normal eating habits until the end of the year. And our waistline pays for it. So this year, instead of having to make that New Year's resolution to lose 10 or 15 pounds, start right now, by eating smaller, well-balanced portions. It will help keep you healthier and less likely to suffer the winter blahs that so many Michiganians suffer from. A healthy diet, with exercise stimulates the happy parts of the brain, keeping you ready for whatever life brings during this holiday season.

MYSTERY, from Page 2

Below: The production crew and Laurie Scott work through one of three days of filming. Each day lasted about 12 hours. **F.Y.I.** will let you know when the show airs.



Look for More "MDOC on Parade" in the Next issue of **F.Y.I.**

